



## activity log

### What is GB Parks Rx?

To encourage healthy lifestyles and physical activity, Prevea Health, Live54218, The City of Green Bay and the Wisconsin Beverage Association partnered to create a local parks prescription program.

We're asking families to get more active. Use this activity log to record your activity each day\* and turn in your completed activity log for a chance to win prizes.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Guardian Initials \_\_\_\_\_

Phone number (\_\_\_\_) \_\_\_\_\_

Date	Activity	Time
Sept. 19	Walk/bike ride with family	30 minutes
Sept. 19	Played tag	10 minutes
Sept. 20	Football practice/Dance class	1 hour

\*Set a goal to get at least one hour of activity per day. You may split up the time throughout your day. If you don't reach one hour, record how much time you were able to fit in that day.

